

YOUNG ADULTS WITH ARTHRITIS MEET, COOK AND EAT!

The Utah Department of Health's Arthritis Program and The Orthopedic Specialty Hospital (TOSH) are teaming up to offer a cooking workshop for young adults with arthritis. Join us to learn about foods that can help alleviate arthritis symptoms as well as to cook and share a tasty meal.

November 2, 2006, 6-9pm

TOSH (5848 S. Fashion Blvd, Murray, Utah)

\$25 - includes instruction and food

Sign up today!

Contact Natalie to make a reservation:

801-538-9340 nssmith@utah.gov

- Class instructor, Nanna Meyer, PhD., R.D., is a dietitian and exercise physiologist at TOSH. She recently attended a national conference, Nutrition and Health, and has learned some cooking and eating tips which can benefit people with arthritis